

HELLO April

City Clips

THE OFFICIAL MONTHLY NEWSLETTER OF THE CITY OF FRANKLIN



CITY COUNCIL MAKING STRIDES

City Council is making strides in working on items discussed during the City Council Retreat. During the March 27th City Council meeting, Council approved an ordinance prohibiting the unattended tethering of dogs. Council also discussed working on a golf cart ordinance and an electronic participation policy. Other topics discussed:

- Food Truck Ordinance
- Separation of the Utility Bills
- Camp Community College Partnerships
- Improved Communication w/ the Public through various means

City Council Honors Broncos Basketball Team

WELL DONE!

During the March 27th City Council meeting, the Broncos Basketball team was honored. Vice-Mayor Wynndolyn Copeland read the resolution honoring the team and acknowledging their hard work and dedication.

Congrats





Blackwater Park is Now Open



1716 NORTH HIGH STREET, 7 DAYS A WEEK, 8:00 A.M. TO 7:00 P.M.



Blackwater Park



APRIL SHOWERS
Bring
MAY FLOWERS



April Get Healthy Challenge!



Get Healthy Challenge April Challenge Calendar 2023

Eat 5 servings of fruits and vegetables every day.

Get 30 minutes of moderate physical activity every day.



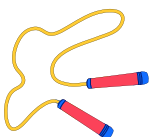
Challenges on the Foundation's Facebook, Twitter, Pinterest, YouTube, and Instagram pages.



Start-Up SUNDAY	Meditation MONDAY	Tasty TUESDAY	Well WEDNESDAY	Thirsty THURSDAY	Fantastic FRI-YAY!	Stretching SATURDAY
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April's Challenge Calendar focus is stress management. Studies show implementing healthy behaviors like proper nutrition & regular exercise can help reduce and manage stress. Ensuring you get enough sleep, eating a nutrient dense diet, taking time for deep breathing or meditation, exercising daily and building a network of social connections can promote relaxation & reduce stress. Try the Yoga poses on the calendar; start by holding each pose for 5 rounds of slow breathing, inhaling 4 seconds & exhaling 4 seconds. Try each pose 2-3 times throughout your week. Look for other exercise videos on our YouTube page or at rapidesfoundation.org.

<p>Prep fruits and veggies for this week's healthy grab-and-go snacks.</p> <p>2 Before breakfast: 15 jumping jacks</p> 	<p>Progressive Relaxation: close eyes, tense & relax each muscle group for 5 seconds, from head to toe.</p> <p>3 Walk 20 minutes at a medium pace</p>	<p>Try roasting your veggies for a tasty side dish.</p> <p>4 Yoga pose of the day: DOWNWARD DOG</p> 	<p>Manage your mood by managing your food!</p> <p>5 Walk 20 minutes at a medium-fast pace</p> 	<p>Start your morning with a cup of water. You're more likely to drink more throughout the day if you start early.</p> <p>6 Yoga pose of the day: MOUNTAIN POSE</p> 	<p>Stretch your food budget by reinventing leftovers into another healthy dish.</p> <p>7 Walk 20 minutes at a fast pace</p> 	<p>Limit your indulgences to once this weekend to maintain your health goals.</p> <p>8 Seated forward fold: Sit with legs extended and reach toward toes.</p> 
<p>Set out daily water to ensure your fluid needs are met this week.</p> <p>9 Before breakfast: 20 air squats</p> 	<p>Each morning this week sit in a quiet place for 10 minutes, close your eyes and listen to your breath.</p> <p>10 Walk 25 minutes at a medium pace</p>	<p>For picky eaters, sneak pureed carrots, zucchini, and onion into homemade spaghetti sauce.</p> <p>11 Yoga pose of the day: REVERSE PLANK</p> 	<p>Are you hungry or just stress eating? Drink water instead and go for a walk!</p> <p>12 Walk 25 minutes at a medium-fast pace</p>	<p>Try infusing your water with fresh strawberries, cucumber or mint.</p> <p>13 Yoga pose of the day: TRIANGLE</p> 	<p>Splurge in a healthy way with homemade pureed frozen fruit "ice cream".</p> <p>14 Walk 25 minutes at a fast pace</p> 	<p>Before your feet hit the floor this morning take 10 minutes to stretch.</p> <p>15 Chest opener: raise arms to side, shoulder height and stretch arms backward, breathe deeply.</p> 
<p>Take 30 minutes to make a grocery list for healthy meals for this week.</p> <p>16 Before breakfast: 20 pushups</p> 	<p>Try Equal Breathing: Sit in a relaxed position, eyes closed, inhale 4 seconds, exhale 4 seconds, continue for 12 minutes.</p> <p>17 Walk 30 minutes at a medium pace</p>	<p>For a stress-free evening, use your slow cooker to make your family's favorite healthy meal.</p> <p>18 Yoga pose of the day: FORWARD FOLD</p> 	<p>To calm & reduce cortisol levels, inhale 3 seconds, hold your breath for 3 seconds, and exhale 3 seconds, continue for 10 minutes.</p> <p>19 Walk 30 minutes at a medium-fast pace</p>	<p>To avoid added sugars, try an unsweetened sparkling water for a flavorful change.</p> <p>20 Yoga pose of the day: CHAIR POSE</p> 	<p>For portion control at meals, try nutrient dense snacks between meals.</p> <p>21 Walk 30 minutes at a fast pace</p> 	<p>Rise and shine. Do what makes you awesome!</p> <p>22 Standing quadriceps stretch: grab your ankle, pull it toward the butt, with knees close together.</p> 
<p>Keep healthy items stocked for breakfast such as fruit, boiled eggs, or yogurt to avoid mid-day crash.</p> <p>23 Before breakfast: 1-minute elbow plank</p>	<p>Each morning this week sit in a quiet place for 15 minutes, close your eyes and listen to your breath.</p> <p>24 Walk 35 minutes at a medium pace</p>	<p>Try a new healthy food this week like Quinoa, Brussels Sprouts or a new recipe.</p> <p>25 Yoga pose of the day: COBRA</p> 	<p>Exercise can improve sleep by helping to reduce anxiety and stress.</p> <p>26 Walk 35 minutes at a medium-fast pace</p>	<p>Use a refillable water bottle; it saves you money & the planet.</p> <p>27 Yoga pose of the day: TREE POSE</p> 	<p>Vigorous exercise will better promote a well-rested night.</p> <p>28 Walk 35 minutes at a fast pace</p> 	<p>Pick a stress relieving activity to do today.</p> <p>29 Side stretch: Stand with feet 1 foot apart. Reach 1 hand toward the floor, other hand toward ceiling, reach up and over.</p> 
<p>Check out the seasonal produce in local grocery store flyers. It's berry time!</p> <p>30 Before breakfast: 15 lunges</p> 						



CHILD ABUSE PREVENTION MONTH



Join the City of Franklin Department of Social Services and the Department of Parks & Recreation in taking a stand against child abuse. Show support by wearing **BLUE** on Friday, April

7th. #FranklinCityGoesBlue



COUNSELING AWARENESS MONTH:

"IT'S OKAY NOT TO BE OKAY"

Counseling Awareness is celebrated to raise awareness and to promote mental health to everyone. During this time, we also support and honor those who have answered the call to contribute to helping those achieve and improve mental health. They include mental health counselors, school and college counselors, substance abuse counselors, to career counselors.

4 IMPORTANT FACTS ABOUT COUNSELING & COUNSELORS

- You don't have to have a mental illness-Counselors specialize in many issues: from relationships and careers to everyday dilemmas.
- Counselors help you explore choices-Counseling is a two-way process to help evaluate your life and offer you options to choose from.
- Several factors contribute to mental illness-Mental illness can come from traumatic life events, physical illness, or genes.
- Connection to substance abuse-According to the University of Southern California, 50.5% who use drugs develop mental illnesses.



FRANKLIN-SOUTHAMPTON AREA UNITED WAY

I can make a difference

Support the Franklin Southampton Area United Way! You can support through fundraiser participation. Together, we can reach more households, help more families and provide more resources to our neighbors. Make a difference today!



UPCOMING events

- **Easter Arts & Crafts**

Saturday, April 15th, @ 10:30 a.m.–12:00 p.m. (Storehouse Coffee)

- **Spring American Red Cross Blood Drive**

Tuesday, April 11th, @ 10:00 a.m.–3:00 p.m. (Franklin Business Center)

- **Employee Appreciation Cookout**

Friday, April 7th, @ 12:00 p.m. – 2:00 p.m. (Barrett's Landing Park)

- **Spring Fest**

Saturday, April 22nd, @ 9:00 a.m. – 3:00 p.m. (Downtown District)

- **United Way Literacy & Diversity Activity**

Wednesday, May 3rd, @ 5:30 p.m. – 6:30 p.m. (MLK Center)

Fun National Holiday Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STRESS AWARENESS MONTH						1 APRIL FOOL'S DAY
2 APRIL 02 WORLD AUTISM AWARENESS DAY	3	4	HOSPITAL ADMITTING CLERKS DAY	US ARMY DAY	7 WORLD Health Day	8
HAPPY Easter	HAPPY NATIONAL SIBLINGS DAY	National Pet Day	12	HAPPY NATIONAL SCRABBLE DAY!	14	HUSBAND APPRECIATION DAY
NATIONAL WEAR YOUR PAJAMAS TO WORK DAY	INTERNATIONAL BAT APPRECIATION DAY	TAX DAY	NATIONAL BANANA DAY APRIL 20	national high live and VOLUNTEER RECOGNITION DAY	WORLD CREATIVITY & INNOVATION DAY	Earth Day
23	24	25	Happy Administrative Professionals Day	28 NATIONAL CUBICLE DAY	29	
national honesty	Administrative Week (April 24 th - April 28 th)					



City of Franklin Blood Drive

Tuesday, April 11, 2023
10:00 AM- 3:00 PM

Franklin Business Center
601 N. Mechanic St.
Conference Room

*Kindness is in your blood.
Schedule your blood donation appointment today.*

For an appointment, please visit redcrossblood.org
Or call A'Risha Jones @ 757.562.8503

Scan Me
&
Sign Up



1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

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